

**Who we are:**

The MIE Student Counselling Service (MIE-SCS) provides individual and campus-based services to all MIE students to help them develop & maintain their emotional & mental well-being and achieve academic and personal success.

The MIE-SCS has three essential roles in advancing the mission, objectives and graduate attributes of all MIE students:

1. Providing mental health services to support students in achieving their academic, personal and social goals.
2. Equipping the campus community with knowledge about the psychological and developmental needs of students through outreach programmes, training and consultation.
3. Responding to the psychological effects of crises that may impact students and the campus-based community.

**What we do:***--How counselling works at MIE*

The MIE-SCS offering are based on a short-term brief therapy model. This approach supports students to meet a desired goal in a short number of sessions. Concerns that may be addressed in brief therapy include: anxiety (stress, worry, guilt); depression (sadness, irritability, anger); adjustment and phase of life (adjustment to college, graduation, life transition); identity development (personal, racial/cultural, sexual, gender); interpersonal concerns (family, friends, romantic partners, roommates); grief or loss; academic concerns (performance anxiety, perfectionism, motivation or mental health issues that affect academic difficulties); effects of trauma or interpersonal violence; mild to moderate substance use concerns; and some body image and eating concerns. Such matters are typically discussed with regard to how their impact on a student's studies can be minimised.

All registered MIE students are eligible to attend the MIE-SCS and may receive an initial intake assessment to determine their specific needs and how best to meet them.

The MIE-SCS does not provide counselling services to MIE staff.

### *--Services within the Counselling Centre*

The MIE-SCS provides clinical services including initial intake assessments, individual counselling, psycho-educational programmes, consultation, and referral to community resources.

### *--Assessment process*

The MIE-SCS is open to all registered MIE students to make an initial assessment appointment with one of our counsellors to discuss their concerns. This conversation generally involves a discussion of the student's current difficulties, a review of a therapeutic care plan, and recommendations to assist the student in obtaining the appropriate services in and/or outside MIE.

### *--Inclusivity*

The MIE-SCS strives to create a therapeutic environment that is respectful and inclusive of all students, irrespective of age, disability, sexual orientation, socioeconomic background, gender identity and expression, marital or family status, religion, ethnicity, or culture. The service is committed to understanding the unique needs and experiences of each student and providing culturally sensitive and appropriate support.

### *--Urgent Support*

While the MIE-SCS may need to respond to an urgent matter/ crisis, it is not an “emergency service”.

Support for students experiencing an urgent crisis can be accessed by requesting an Urgent Appointment or through the Drop-in Appointments (available Monday—Friday, 12:30 during term time). In addition, see the Student Counselling Service section of our web page for further details on external supports.

### **What We Don't Do:**

The MIE-SCS offerings are time-limited due to the finite resources available to us. Students who require long-term and/ or intensive support will generally be referred to other services (including external services such as the HSE) for ongoing treatment. Similarly, students whose needs require a particular type of expertise that is not available in the MIE-SCS will also be referred to other services.

During periods of high demand, students will still be assessed and if individual counselling is indicated, they may be placed on a wait-list based on anticipated availability. They may also be offered other interventions. To avoid a delay in care, some students may be connected with other services rather than placed on a wait-list.

In situations where a student's needs warrant a referral to other services, the MIE-SCS may provide some limited interim support while connecting the student to other appropriate services. Also, referrals may be offered during and/or after the initial assessment as additional factors become more apparent. Possible indicators for longer term, or more intensive therapy, can include recent or multiple psychiatric hospitalisations, chronic thoughts of suicide, history of repeated suicide attempts, significant drug or alcohol problems such as substance dependence, severe or long-standing eating disorders, a request for formal psychological assessment (e.g., ADHD testing), or services to fulfil students' court-mandated reports or treatment requirements.

The general guidelines listed above are only intended as a guide to assist therapeutic care planning. The nature and complexity of presenting concerns and the broader context are considered in making the appropriate recommendations. Students are evaluated individually, and the professional judgment of the counselling team will determine the recommendation in each individual case.

### **Confidentiality:**

The MIE-SCS respects the privacy, integrity and welfare of all students with whom they work. All counsellors operate within their professional code of ethics and strive to maintain confidentiality.

### **Limits to Confidentiality**

The information shared in counselling sessions is kept private within the MIE-SCS. It will not be released to anyone outside the service without the students' permission. However, there are some exceptions to include:

- If there is a significant and/ or immediate risk of a student harming themselves
- If there is a significant and/ or immediate risk of a student harming other people
- In situations where a vulnerable person such as child, may be at risk of harm
- In situations where a student discloses a serious criminal offence
- If notes or other records are subpoenaed by a court of law in relation to a criminal offence

-- If a student discloses any incident of child abuse. This might be related to another person (such as a younger family member or friend) or to events which happened in the past. In all cases counsellors are legally obliged to make a report to the Child and Family Agency (TUSLA) under The Children First Act 2015. This report will be made in collaboration with the appropriate designated person (For more information see <http://www.tusla.ie/children-first>).